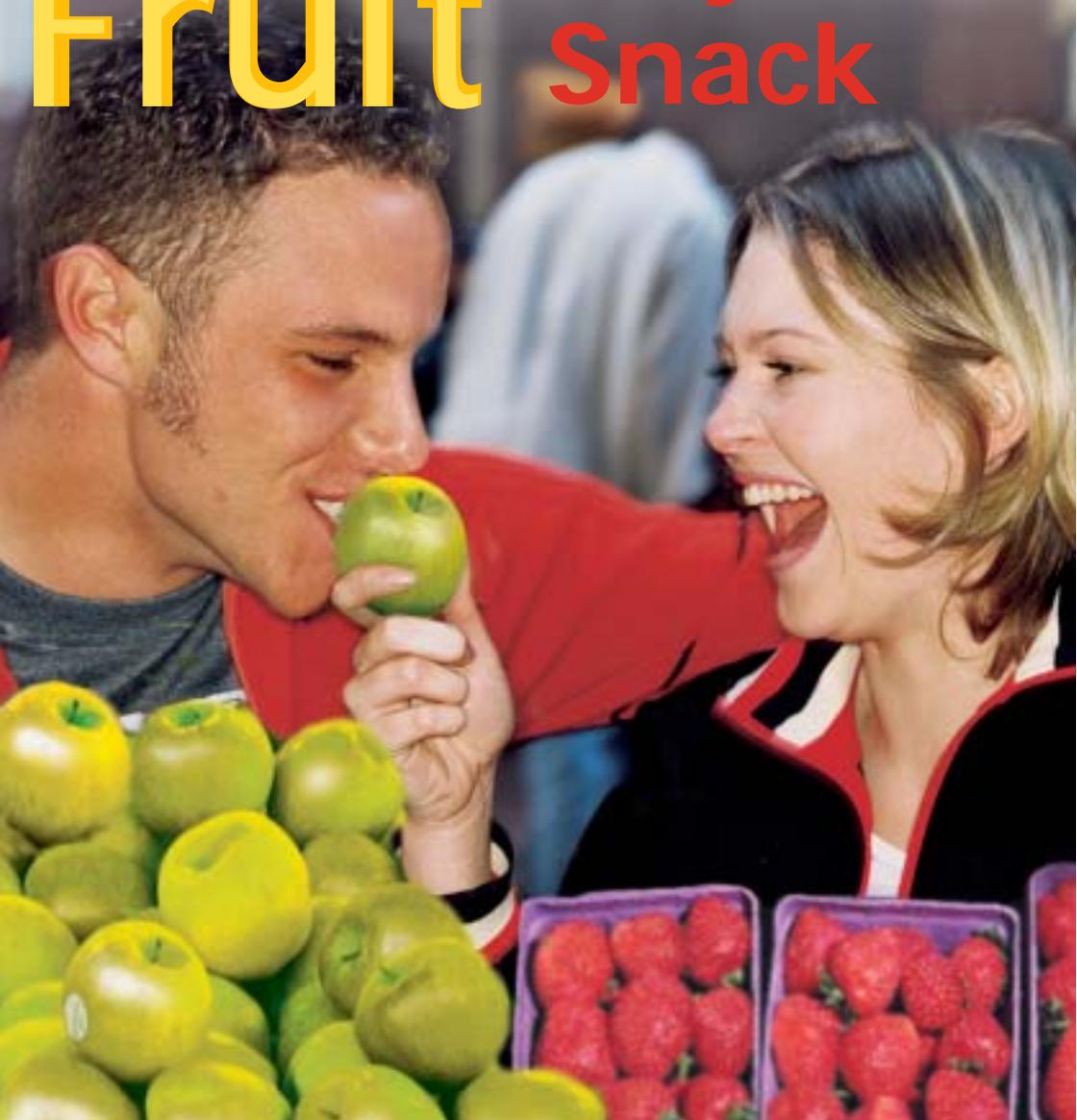


# Fast Fruit

# The Tasty Way to Snack



# Fruit - the Tasty way to get through the day

## IT'S FRUITASTIC!

To help get you on the right track for healthy eating, it's essential that you eat **FOUR OR MORE** portions of fruit, vegetables and/or fruit juice every day of the week.

To help you reach the **FOUR OR MORE** fruit and veg goal, aim to have three pieces of fruit (or fruit juice) each day.

You can eat any combination you like throughout the day and it's easier to include fruit at each meal, or as a snack, than you might think.

Have a look at the different options below. Following this guide will help you to reach a goal of **FOUR OR MORE** portions every day. You can mix and match your choices. You can even swap with your own favourites.



**Breakfast:** 1/2 glass orange/apple juice and high fibre cereal **OR** Banana on toast **OR** an apple, low fat yogurt and brown bread.

**Snack:** An apple, orange or strawberries in season.

**Lunch:** Salad sandwich with cold meat, lettuce, tomato and cucumber **OR** Pitta bread with sweetcorn, lettuce and tuna **OR** a baked potato with low fat grated cheese and a salad of your choice **OR** a fruit smoothie made with your favourite low fat yogurt and strawberries.

**Afternoon snack:** 1/2 glass of fruit juice **OR** raw carrot/celery sticks **OR** a slice of melon **OR** a pear.

**Dinner:** Any veg you like with your meal such as cabbage, broccoli, carrots, mushrooms, onions, peppers, salad..... Mix and match.

**Dessert:** Finish off with a piece of fruit, fruit salad **OR** a fruit-based dessert such as rhubarb crumble.





## FOUR OR MORE... REASONS TO GET FRUITY

- It's the perfect snack
  - at any time of day
- It's quick and handy
- It's really tasty – there's a favourite for everyone and lots to choose from
- It's almost fat free
- It's the natural, healthy way to keep hunger at bay
- It's good value
- Ireland has great quality, fresh fruit

### RECIPE

#### BE A SMOOTHIE

##### Equipment needed:

Blender

##### What you need:

- 250g / 8oz of strawberries or your favourite fruit
- 7 fl oz low fat natural yogurt
- Crushed ice or ice cubes
- Dash of orange juice (optional)

##### What you do:

- Blend the berries, yogurt and juice together.
- Pour into 2 glasses over some crushed ice or ice cubes.
- Place some berries on top and enjoy.

##### Tip:

To crush ice, place the cubes in a plastic bag and hammer with a rolling pin.



**Make time to be Active** and plan goals for yourself before you start. Being active is good for your health – your body, your mind and especially your heart. Start today and try walking, swimming, cycling, football or anything that will make you more active.



# GET THE FRUITY HABIT

The Natural Way to keep Hunger at Bay - Follow these great tips!



- Slice an apple or banana over your cereal in the morning.
- Fancy something sweet? Try some strawberries, grapes, plums, or tinned fruit, like peaches, pineapple or pears, in their own juice.
- No time to stop? Munch an apple while you are walking or on the bus.
- Add homemade strawberry jam to bread, toast or scones as a between-meal treat.
- Juice counts – a small glass of orange, grapefruit or apple juice counts as one portion of fruit or veg.
- Variety is the spice of life. Chop and change, choose different types of fruit and enjoy!
- Be a fruit smoothie. Smoothies are delicious and can be made with any combination of fruit, juice and even yogurt. Check out the recipe on page 2 and enjoy a glass of tasty goodness.
- Good habits can last a lifetime. Try to get into the habit of having a glass of juice, a piece of fruit or a portion of veg during or after every meal. That way, it's easier to make it to 'FOUR OR MORE' a day.
- Fruit salads make a delicious dessert.....or snack.....or breakfast. Chop up whatever fruit you fancy – mix tinned and fresh – it tastes sweet and delicious.
- For extra colour and taste, instead of using plain water ice cubes, pour orange juice into an ice-cube tray and freeze.

**Did you Know...** More Irish adults are overweight than normal weight



## RHUBARB, STRAWBERRY AND MINT DELIGHT

Serves 4

### What you need:

- 500g/1lb rhubarb, leaves removed and cut into 2cm/1" slices
- 50g/2oz castor sugar
- Few sprigs of mint (optional)
- Thinly pared rind and juice of 1 orange
- 250g/8oz strawberries, sliced

### What you do:

- Place the rhubarb in a heavy based saucepan with the sugar, mint, orange rind and juice.
- Cover and cook gently for approximately 5 minutes, until the rhubarb is tender but not mushy.
- Remove from the heat and add the strawberries.
- Serve warm or cold with a spoonful of low fat crème fraiche or yogurt.

**Remember, try to be active for at least 30 minutes most days of the week. Build an activity, such as walking, into your daily routine. Walk to the shops. Get off the bus one stop early. Use the stairs instead of the lift. Enjoy it and try to get your friends and family to join you.**



# Kids Need Four or More Too...

Help your children get healthy, tasty habits - for Life



- Finger food is great for kids. Have sliced and diced fruit or veg handy in the fridge. Strawberries, pineapple, oranges, carrots or cucumber.
- Start them early – introduce a variety of foods at an early age. Don't force children to eat what they don't want, but think about different ways to serve fruit & veg – salads, smoothies, chopped and diced veg in stews, pineapple chunks over pizza – you can try lots of different things.
- Remember, tinned tomatoes count too. Use them often in stews, casseroles, Bolognese sauces and as pizza toppings.
- Bring the kids shopping and, when you can, let them make their own fruit and veg choices. That way they will feel in control of what they eat and they will get a sense of being 'grown up'.
- Focus on what your kids **do like** rather than forcing them to eat what they don't like. If they like apples, let them have lots. It doesn't matter what combination of fruit and veg they have, as long as they try to eat "FOUR OR MORE" every day.
- Chop some fruit into the bowl when making jelly. Banana, mandarin or peaches are great.

**CHILDREN NEED TO BE ACTIVE FOR AROUND AN HOUR – MOST DAYS OF THE WEEK. DANCING, PLAYING, SKIPPING, SWIMMING, RUNNING, WALKING – THEY'LL LOVE IT!**



**If you combine regular activity with healthy eating, you will be better at keeping to a healthy weight, in the long term, than someone who doesn't do any activity.**

**Regular Activity + Healthy Eating = Healthy Weight**

# FOOD PYRAMID

## CHOOSE VERY SMALL AMOUNTS

Choose oils, margarine or low fat spreads labelled 'High in Polyunsaturates' or 'High in Monounsaturates' which are healthier for your heart. Use sparingly. Limit fried foods to 1-2 times a week.

## CHOOSE ANY 2

### MEAT, FISH, EGGS, BEANS & PEAS

Choose lean meats or trim off fat. Choose 3 servings during pregnancy.

## CHOOSE ANY 3

### MILK, CHEESE & YOGURT

Choose Low Fat choices frequently, except for young children.  
Choose 5 servings for teenagers or if pregnant or breast feeding.

## CHOOSE ANY 4+

### FRUIT & VEGETABLES

Choose green leafy vegetables, orange and grapefruit and their fruit juices frequently.

## CHOOSE ANY 6+

### BREAD, CEREALS & POTATOES

Choose high fibre cereals and breads frequently.  
If physical activity is high, up to 12 servings may be necessary.

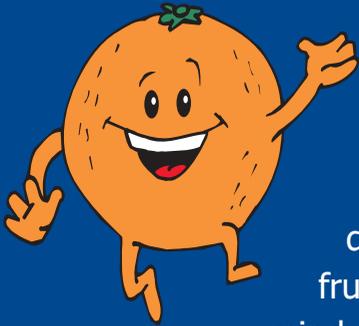
Did you know ...  
by eating fruit as a snack instead of other high calorie, high fat foods - you can lose weight!  
It's True.

Check out the Food Pyramid on this page. It will help you choose the healthier choices, which can help you lose weight. And if you add in more activity, you can lose weight faster AND keep it off.



# KIDDIES CORNER

WIN ONE OF SIX  
FANTASTIC BIKES!



Hi! I'm Ollie the Orange and I'm loved by lots of people all over the world. I grow in places where it is very hot like Spain or Florida and I'm full of goodness and Vitamin C.

I'd like to meet some new friends. Can you draw or colour me a picture of your favourite fruit. Don't forget to give it a name. I don't mind what it is – as long as it's fruity and fun.

You could win a fantastic bike



Send your drawing to:  
Fruity Favourites, FREEPOST, 3-4 Merrion Place, Dublin 2.  
You don't need to put a stamp on the envelope, but make sure you put your: Name, Address, Age and Telephone number on the back of your picture.

#### Competition Rules:

1. Draw a picture of your favourite fruit character and name it.
2. Entrants must be aged 12 or under on 31st October 2003.
3. Prizes will be awarded in three age categories (<5) (<9) (<12).
4. You can use any materials you like to create the picture.
5. Last day of entry is 31st October 2003.
6. The judges' decision is final and entries cannot be returned.

